



Foundation Updates

[Foundation May 2024 Update](#) is now posted

[InfiniSynechis Volume Issue 5](#) has been posted

A New Blog Post [Adjusting to Life Transition](#) has been posted

Health

The National Center for Complementary and Integrative Health NCCIH, is part of the US Department of Health and Human Services. It conducts and support research and provide information about complementary health products and practices. Here is their post about meditation and mindfulness:

[Meditation and Mindfulness: What You Need To Know](#)

Here are 8 things to know about what the science says about meditation and mindfulness for health:

Wealth

This article outlines the definition of wealth as a generally accepted concept

[Understanding Wealth: How Is It Defined and Measured?](#)

Another way of looking at wealth is appreciating what you already “have”, right here and right now.

Happiness

Happiness is a basic human need much like food, shelter and clothing. A course at Yale University now posted on the online academy [Coursera](#) has garnered 4.774 Million learners.

[Bertrand Russell](#) (18 May 1872 – 2 February 1970) was a British mathematician and philosopher. He was a prolific writer. Among the many books he wrote is “The Conquest of Happiness” which can be downloaded [here](#)

In it he concluded that “The happy man is the man who does not suffer from either of these failures of unity, whose personality is neither divided against itself nor pitted against the world. Such a man feels himself a citizen of the universe, enjoying freely the spectacle that it offers and the joys that it affords, untroubled by the thought of death because he feels himself not really separate from those who will come after him. It is in such profound instinctive union with the stream of life that the greatest joy is to be found. ‘

fearless hearts foundation